



National Nutrient Database for Standard Reference

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Statistics Report 15044, Fish, ling, raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	79.63	--	0.265	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Energy	kcal	87	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Energy	kJ	364	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	18.99	--	0.281	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Total lipid (fat)	g	0.64	--	0.105	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Ash	g	1.40	--	0.103	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Minerals													
Calcium, Ca	mg	34	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Iron, Fe	mg	0.65	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Magnesium, Mg	mg	63	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Phosphorus, P	mg	198	--	8.322	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Potassium, K	mg	379	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Sodium, Na	mg	135	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Zinc, Zn	mg	0.78	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Copper, Cu	mg	0.110	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Manganese, Mn	mg	0.030	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Selenium, Se	µg	36.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Thiamin	mg	0.110	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Riboflavin	mg	0.190	--	0.078	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Niacin	mg	2.300	--	0.115	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Pantothenic acid	mg	0.320	--	0.040	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin B-6	mg	0.304	--	0.047	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Folate, total	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folate, DFE	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.56	--	0.068	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Vitamin A, RAE	µg	30	--	19.539	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	30	--	19.539	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Vitamin A, IU	IU	100	--	65.064	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lipids													
Fatty acids, total saturated	g	0.120	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Fatty acids, total monounsaturated	g	0.090	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Fatty acids, total polyunsaturated	g	0.220	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Cholesterol	mg	40	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Amino Acids													
Tryptophan	g	0.213	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Threonine	g	0.832	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Isoleucine	g	0.875	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Leucine	g	1.543	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Lysine	g	1.744	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Methionine	g	0.562	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cystine	g	0.204	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phenylalanine	g	0.741	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	0.641	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Valine	g	0.978	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Arginine	g	1.136	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Histidine	g	0.559	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	1.148	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	1.944	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glutamic acid	g	2.834	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glycine	g	0.911	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Proline	g	0.671	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Serine	g	0.775	--	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	09/1987

Other